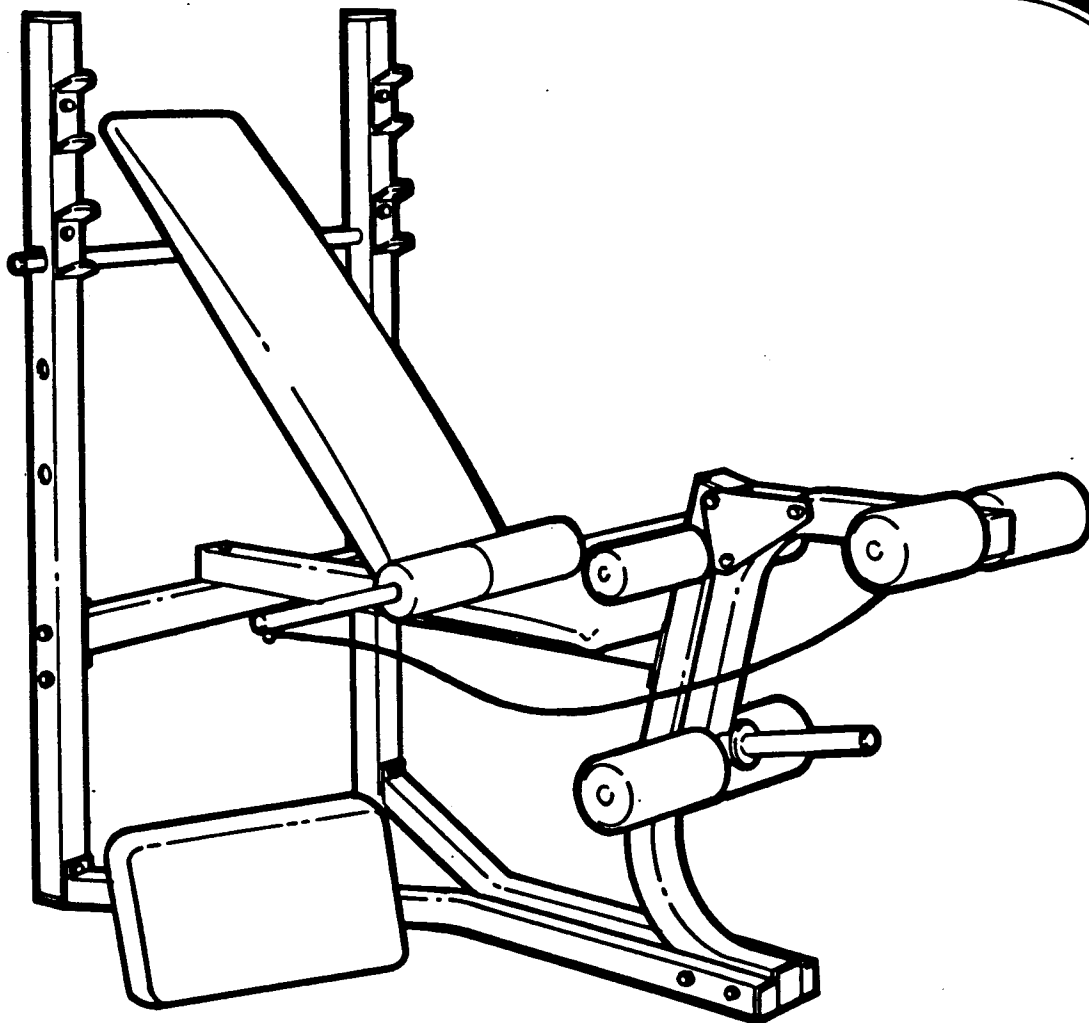




Gold **MEDALLION**
by **weider**[®]

RECOMMENDED WEIGHT SET - 365LBS
NN-1097

M474

ASSEMBLY INSTRUCTIONS
REPLACEMENT PARTS

WEIDER HEALTH AND FITNESS
21100 ERWIN STREET, WOODLAND HILLS, CA., USA 91367

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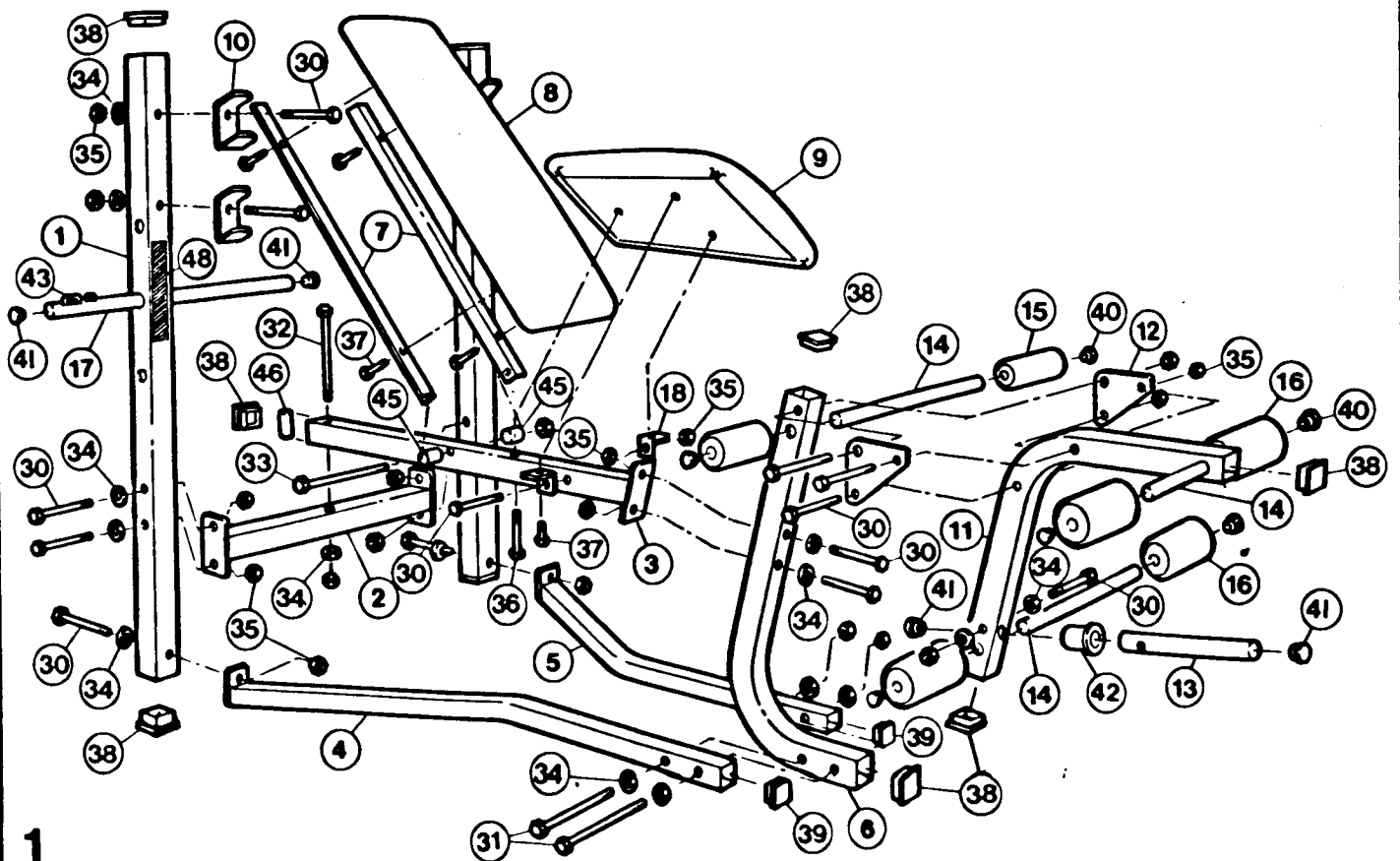
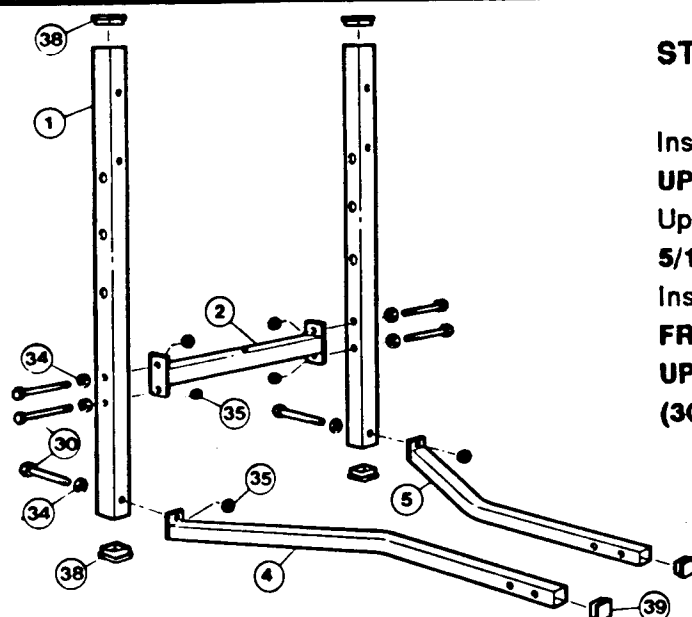


DIAGRAM NO	PART NAME	QTY	ORDERING NO
1	UPRIGHT	2	C0274-D14
2	CROSS MEMBER	1	C0275-D14
3	MAIN FRAME	1	C1167-D14
4	BASE (RIGHT)	1	C1168-D14
5	BASE (LEFT)	1	C1169-D14
6	FRONT SUPPORT	1	C1170-D14
7	LONG ANGLE IRON	2	C6236-D14
8	BACKREST	1	C1317-D16
9	SEAT	1	C1318-D16
10	WEIGHT HOLDER BRACKET	4	C0276-D14
11	LEG CURL	1	C1171-D14
12	LEG CURL BRACKET	2	C1172-D14
13	WEIGHT PIN	1	C0148-C15
14	PAD BAR	3	C6061-A14
15	FOAM PAD 2 1/2" X 7"	4	C0426-A14
16	FOAM PAD 3 1/2" X 7"	4	C0427-A14
17	BACKREST ADJ BAR	1	C6238-D14
18	SEAT SUPPORT BRACKET	2	C1173-D14
19	ABDOMINIZER BAR	1	C6239-D16
20	NYLON CABLE 84"	1	C6231-D10
22	ARM CURL PAD	1	C1316-D16
23	S-BRACKET	2	C6240-D16
	HARDWARE BAG	1	C5831-D16
30	5/16"-20 X 2 3/4" HEX HEAD BOLT	17	HH-5070
31	5/16"-20 X 5 1/2" HEX HEAD BOLT	2	HH-5282
32	5/16"-20 X 4 1/2" HEX HEAD BOLT	1	HH-5280
33	5/16"-20 X 5" HEX HEAD BOLT	1	HH-5284
34	5/16" FLAT WASHER	19	HH-5127
35	5/16"-20 LOCK NUT	21	HH-5021
36	1/4"-20 X 2 3/4" ROUND HEAD SCREW	1	HH-5281
37	1/4"-20 X 3/4" ROUND HEAD SCREW	8	HH-5032
38	2" SQUARE PLASTIC CAP	9	AA-8002
39	1 1/2" SQUARE PLASTIC CAP	2	AA-8001
40	3/4" ROUND PLASTIC CAP	6	AA-8004
41	1" ROUND PLASTIC CAP	4	AA-8005
42	PLASTIC BUSHING	1	AA-8112
43	SPRING RELEASE PIN	1	WW-7041
44	S-HOOKS	2	WW-7030
45	SPACER BUSHING 1"	2	HH-5283
46	INSERT SPACER 2"	1	HH-5279
47	FERRULE	2	HH-5259
48	UPRIGHT DECAL	2	DE-4114
	INSTRUCTION MANUAL	1	CNN-1097
	EXERCISE MANUAL	1	CNN-1094
	EXERCISE CHART	1	CNN-1080

BEFORE BEGINNING ASSEMBLY READ THE FOLLOWING

1. PLEASE READ THE INSTRUCTIONS CAREFULLY, PAYING PARTICULAR ATTENTION TO ALL WARNINGS, CAUTIONS, NOTES OR NOTICES. LAY OUT UNASSEMBLED PARTS: FAMILIARIZE YOURSELF WITH THE DRAWINGS THEN READ AND UNDERSTAND THE INSTRUCTIONS THOROUGHLY.
2. THIS PRODUCT MUST BE ASSEMBLED BY AN ADULT PRIOR TO USE.
3. DO NOT DESTROY THE PACKING AND CARTON UNTIL THE UNIT IS COMPLETELY ASSEMBLED.
4. DO NOT DESTROY THE INSTRUCTION MANUAL, USE IT FOR ORDERING REPLACEMENT PARTS.
5. RECOMMENDED TOOLS FOR PROPER ASSEMBLY ARE AS FOLLOWS: A HAMMER, PLIERS, MEDIUM SIZE FLATHEAD SCREWDRIVER AND TWO 6" ADJUSTABLE WRENCHES.



STEP 1 UPRIGHT AND BASE ASSEMBLY

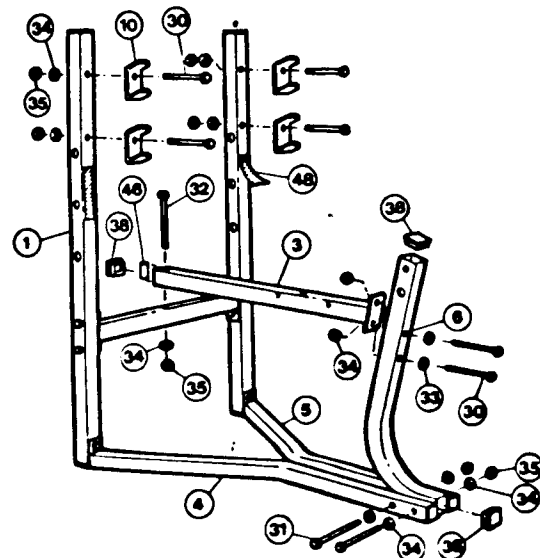
Insert 2" SQUARE PLASTIC CAPS (38) into each end of UPRIGHT (1). Assemble CROSS MEMBER (2) to Uprights using 5/16" x 2 3/4" HEX HEAD BOLTS (30) 5/16" FLAT WASHERS (34) and 5/16" LOCK NUTS (35). Insert 1 1/2" SQUARE PLASTIC CAPS (39) into end of FRAME BASES (4) and (5) and bolt BASES to UPRIGHT (1) using 5/16" x 2 3/4" HEX HEAD BOLTS (30) FLAT WASHERS (34) and 5/16" LOCK NUTS (35).

DECALS: Remove backing sheet from DECALS (48) and adhere to UPRIGHTS (1) approximately 1/2" below Bar Holder Bracket.

STEP 2 MAIN FRAME ASSEMBLY

Assemble FRONT SUPPORT (6) to BASE FRAMES (4) and (5) using 5/16" x 5 1/2" HEX HEAD BOLTS (31) FLAT WASHERS (34) and 5/16" LOCK NUTS (35). Press 2" SQUARE PLASTIC CAPS (38) into each end of FRONT SUPPORT (6).

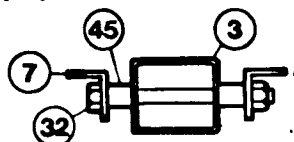
Insert 2" SPACER (46) into end of MAIN FRAME (3) and position with bolt holes. Bolt MAIN FRAME (3) to UPRIGHT CROSS MEMBER (2) using 5/16" x 4 1/2" HEX HEAD BOLT (32) 5/16" FLAT WASHER (34) and 5/16" LOCK NUT (35). Cap off tube with 2" SQUARE PLASTIC CAP (38). Bolt MAIN FRAME (3) to FRONT SUPPORT (6) with 5/16" x 2 3/4" HEX HEAD BOLTS (30) 5/16" FLAT WASHERS (34) and 5/16" LOCK NUTS (35).



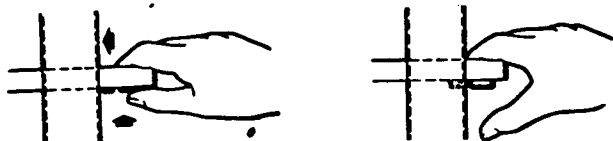
Bolt WEIGHT HOLDER BRACKETS (10) to UPRIGHTS (1) using 5/16" x 2 3/4" HEX HEAD BOLTS (30) 5/16" FLAT WASHERS (34) and 5/16" LOCK NUTS (35).

STEP 3 SEAT & BACKREST ASSEMBLY

BACKREST: If **LONG ANGLE IRONS (7)** are pre-assembled to **BACKREST (8)**, remove one **1/4" x 3/4" ROUND HEAD SCREW (37)** from end of Backrest that Long Angle Iron extends beyond and slightly spread Long Angle Irons apart. Bolt **BACKREST (8)** to **MAIN FRAME (3)** by inserting **5/16" x 5" HEX HEAD BOLT (33)** first through one Long Angle Iron, then a **1" SPACER (45)**, the **MAIN FRAME (3)**, and a second **1" SPACER (45)**. Close **LONG ANGLE IRONS (7)** and passing bolt through other Long Angle Iron and secure with **5/16" LOCK NUT (35)**. (SEE DETAIL INSERT).

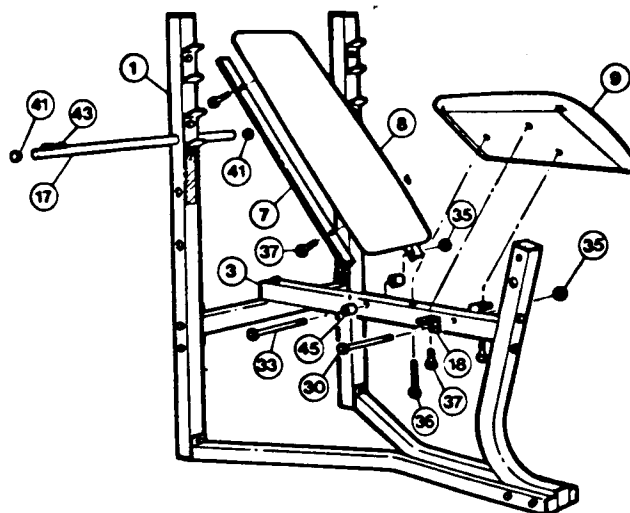


SEAT: Bolt **SEAT SUPPORT BRACKETS (18)** to **MAIN FRAME (3)** using **5/16" x 2 3/4" HEX HEAD BOLT (30)** and **5/16" LOCK NUT (35)**. Bolt **SEAT (9)** to Frame using **1/4" x 2 3/4" ROUND HEAD SCREW (36)** and **1/4" x 3/4" ROUND HEAD SCREWS (37)** - These screws may be already pre-assembled to the seat.



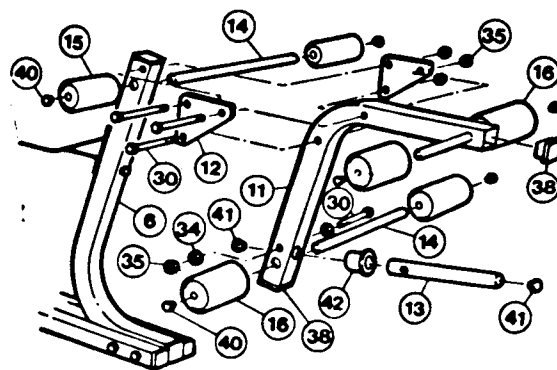
STEP 4 LEG CURL ASSEMBLY

Loosely bolt **LEG CURL BRACKETS (12)** to **LEG CURL (11)** with **5/16" x 2 3/4" HEX HEAD BOLTS (30)** and **5/16" LOCK NUTS (35)**. Assemble this assembly to **FRONT SUPPORT (6)** with a **5/16" x 2 3/4" HEX HEAD BOLT (30)** and **5/16" LOCK NUT (35)**. Tighten all bolts securely but leave the Pivot Bolt a little less tight so the Leg Curl can move freely. Fasten **WEIGHT PIN (13)** to **LEG CURL (11)** using **5/16" x 2 3/4" HEX HEAD BOLT (30)**, **5/16" FLAT WASHER (34)** and **5/16" LOCK NUT (35)**. Slide **PLASTIC BUSHING (42)** over **WEIGHT PIN (13)** (flared side out) and cap each end of **WEIGHT PIN (13)** with **1" ROUND PLASTIC CAP (41)**. Cap each end of **LEG CURL (11)** with **2" SQUARE PLASTIC CAP (38)**. Insert **3/4" ROUND PLASTIC CAP (40)** into both ends of **PAD BARS (14)**. Assemble **2 1/2" x 7" FOAM PAD (15)** on to one side of a Pad Bar and Insert it into Pad Bar Hole in **FRONT SUPPORT (6)**. Slide second **2 1/2" x 7" FOAM PAD (15)** on to other end. (NOTE: Using a small amount of any liquid dish detergent wiped along the Pad Bars will make this assembly easier and also will act as an adhesive for the Pads when it has dried.) Follow the same assembly procedure and assemble **3 1/2" x 7" FOAM PADS (16)** to remaining Pad Bars and assemble them to **LEG CURL (11)**.



Insert **1" ROUND PLASTIC CAPS (41)** into each end of **BACKREST ADJ BAR (17)** and insert it through **UPRIGHTS (1)** to adjust **BACKREST (8)** to a desired incline.

To lock **BACKREST ADJ BAR (17)** into **UPRIGHTS (1)**, squeeze **SPRING RELEASE PIN (43)** so it can pass through hole in **UPRIGHT (1)**. When small bump section is inside Upright, release Spring and Bar should be locked into position. **SEE ILLUSTRATION SPRING RELEASE PIN (43)** is pre-assembled in **BACKREST ADJ BAR (17)**.



CAUTION

1. ALLOWING LEG CURL ARM TO FREE FALL OR BANG INTO FRONT LEG CAN CAUSE DAMAGE TO THE FRAME AND LEG CURL. DO NOT EXCEED 100 LBS. OF WEIGHT.
2. WHEN WEIGHTS ARE USED ON THE LEG CURL THE SAME AMOUNT OF WEIGHT SHOULD BE ADDED TO THE REAR OF THE BENCH. THIS CAN BE DONE BY PLACING A WEIGHTED BARBELL ACROSS THE UPRIGHTS OR HAVING YOUR TRAINING PARTNER STAND ON THE FRAME BASE.
3. USE LOCKING COLLARS FROM DUMBBELLS TO SECURE WEIGHTS ON LEG CURL WEIGHT PINS.

STEP 5 CABLE AND HOOK ASSEMBLY



NYLON CABLE (20)



1. Tie knot in both ends of **NYLON CABLE (20)**. Loop cable ends and insert through **FERRULES (47)**.

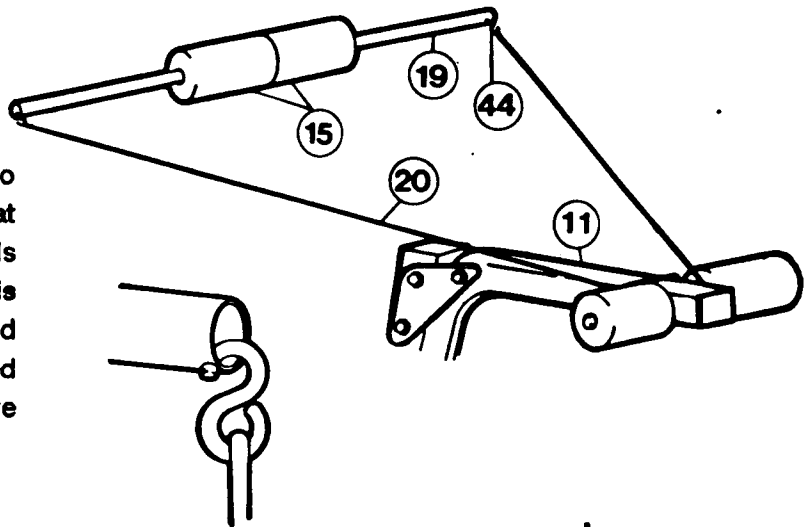


2. Insert **"S" HOOKS (44)** through cable loop.

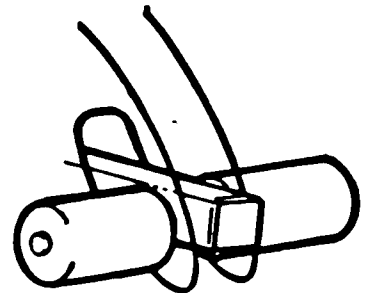
3. Pull cables back through **FERRULES (M)** and secure **"S" HOOKS (44)**.

STEP 6 ABDOMINIZER

Assemble **FOAM PADS (15)** onto **ABDOMINIZER BAR (19)** making sure that pads are centered on the bar. These pads will have a very tight fit. therefore, it is recommended that a good amount of liquid dish detergent or other lubricant be applied to the **ABDOMINIZER BAR (19)** before assembly.



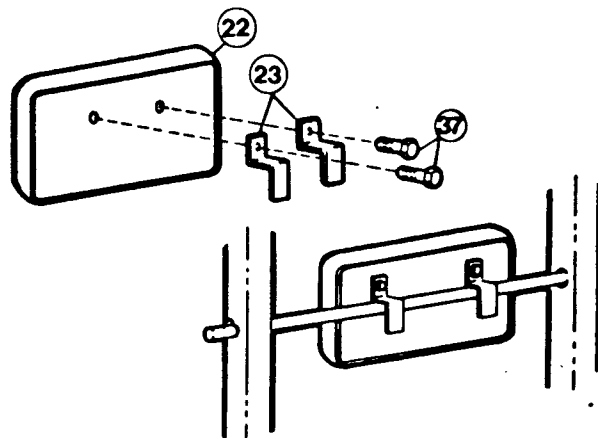
Fold **NYLON CABLE (20)** in half to find center of cable. Loop cable center over top of **LEG CURL (11)** behind **FOAM PADS (16)**. Bring cable forward in front of **FOAM PADS (16)** and loop between **FOAM PADS (16)** and **LEG CURL (11)**. Assemble **NYLON CABLE (20)** to **ABDOMINIZER BAR (19)** by hooking **"S" HOOKS (44)** into the ends of **ABDOMINIZER BAR (19)**.



STEP 7 ARM CURL

Assemble **S-BRACKETS (23)** to **ARM CURL PAD (22)** using **2 - 1/4" X 3/4" ROUND HEAD SCREWS (37)** which are pre-assembled into pad.

To use Arm Curl, hook **S-BRACKETS (23)** over **BACKREST ADJ BAR (17)**.



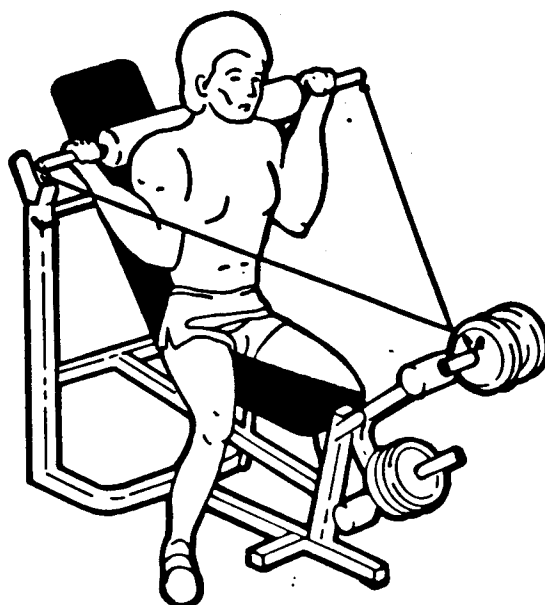
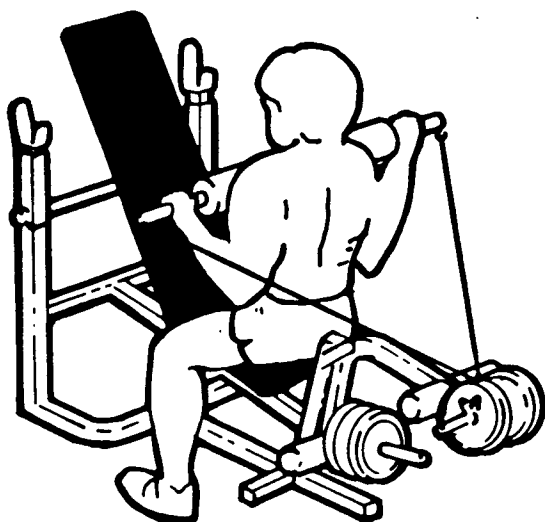
ABDOMINAL EXERCISES:

Load desired amount of weight onto Leg Curl Weight Pin. Facing toward the rear of the bench, position yourself insides the rope "V" and hold the Abdominizer Bar against the upper chest, about shoulder high. Move away from the Leg Curl until the slack is taken out of the rope and you are in an upright position. To exercise, bend forward at the hips until your chest touches your knees. One rep would be a complete cycle of sitting up straight to full extension to full upright again. Do this exercise in a slow motion for safety and maximum benefit.

BACK EXTENSIONS:

This exercise should be done with the Backrest in the fullest incline position to avoid the possibility of extending back too far and pulling the weight over on you.

Load desired weight on Leg Curl. Position yourself within the rope "V" facing forward. With the Abdominizer Bar positioned across the back of the shoulders, move back on the seat until your upper body is bent slightly forward and the slack has been taken from the rope. Holding the bar in position on the shoulders, lean back until you touch the Backrest. Repeat a full back and forth rep in a slow, smooth motion for maximum benefit.



REPAIR PARTS AND SERVICE

IMPORTANT

BEFORE CALLING THE 800 NUMBER

**IN ORDER TO RECEIVE SERVICE ON THIS PRODUCT YOU WILL HAVE TO FIRST
SEND IN YOUR WARRANTY CARD**

CUSTOMER SERVICE 1-800-225-0653

ALL OF THE PARTS FOR THE WEIGHTBENCH CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT., 900 WEST ST JOHN ST OLNEY, IL 62450. WHEN ORDERING, PARTS WILL BE SENT AND BILLED AT THE CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. STANDARD HARDWARE ITEMS ARE AVAILABLE AT LOCAL HARDWARE STORES.

**TO OBTAIN PARTS DO NOT GO BACK TO THE STORE WHERE YOU PURCHASED
THIS UNIT**

ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:

MODEL NO.	NAME OF PART	ORDERING NUMBER
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WARNING

CONSULT YOUR PHYSICIAN

CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE PROGRAM.

FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION. CHILDREN AND HANDICAPPED PERSONS SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE.

TRAIN WITH A PARTNER

IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORK OUT WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.